



WRAP-UP

What should I do if I think I have a drug problem?

Talk to someone in your employee assistance program (EAP). An EAP is an important source of help. Many federal agencies, businesses and employers have an EAP in the company, or they have trained specialists who can refer you to an EAP. And the EAP guarantees confidentiality.

Help is also available through local community organizations, counselors or treatment centers. Many of these services are listed in your local telephone directory. Get a referral to a drug treatment center.

Call an information hotline. Some are listed on the next page of this booklet. Most are listed in your local phone book and available 24 hours a day.

How can I "Just say NO..."?

Tell your friends you're on medication and this drug will interfere with it.

Tell them you've tried it and it made you really ill.

Think of the OTHER effects on your body and mind!

Tell them anything, but tell them "NO!"

Look at the Long-Range Effects of drugs on YOUR LIFE —

Your Health - Jeopardized!

Your Safety - Impaired!

Your Career - Short Circuited!

Police Record - Jail! Fines!

Can you afford the moment of pleasure - followed by the pain, disappointment, anxiety and possibility of death?





FOR MORE
INFORMATION . . .

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| NIDA Hotline - 1(800) 662-HELP | A service of the National Institute on Drug Abuse providing free referrals to drug and alcohol programs |
| 1(800) COCAINE | An information and referral hotline that provides information (by mail) on cocaine and crack and referrals to drug rehabilitation and counseling services in the caller's area |
| Alcoholics Anonymous 1(212) 686-1100 | An information and support group operating through local chapters to provide assistance to recovering alcoholics |
| Al-Anon 1(800) 356-9996 | Provides information on alcohol abuse to callers and offers support through local chapters to the family and friends of alcoholics |
| Nar-Anon 1(818) 780-3951 | Provides informational support to friends and relatives of substance abusers |
| The National Clearinghouse for Alcohol and Drug Information 1(800) 729-6686 | A toll-free service funded by the federal government that provides written and audiovisual information on all aspects of substance abuse, including information on specific programs, state resources and current research results |
| The Drug-Free Workplace Helpline 1(800) 843-4971 | A toll-free service funded by the federal government that offers individualized technical assistance to business, industry and unions on the development and implementation of workplace substance abuse programs |

